

The Feast of San Gennaro runs from September 12<sup>th</sup> – 22<sup>nd</sup>! Look for Italian Favorites on the Menu that week!

SEPTEMBER 2024  
Ralph C. Mahar Regional School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Coming Soon! Meals Available Daily at our Pizza Station: Homemade Cheese, Pepperoni, or Veggie Pizza prepared with Low-Fat Mozzarella cheese on Whole Wheat Crust

2

No School  
Labor Day

3

Orange Chicken with LoMein Noodles & Carrots

Featuring Banana Pudding & Fresh Grapefruit Smiles

4

BBQ Pulled Pork Sandwich on a Whole Wheat Bulkie Roll with Roasted Seasoned Sweet Potato

Featuring Homemade Slaw & Local Peaches

5

Vegetarian or Chicken Tacos with Salsa, Sour Cream, Guacamole, Shredded Cheese, & Sofrito Seasoned Black Beans

Featuring Fresh Strawberries

6

Homemade Bean Chili with a Toasted 3 Cheese Sandwich

Featuring a Homemade Brownie & Fresh Grapes

Complete your Meal at our 5-A-Day Bar featuring: Lettuce, Carrots, Red & Green Peppers, Tomato, Cucumber, Cowboy Caviar, Sunflower Seeds, Slushy Cups, Fresh, Dried & Preserved Fruits

9

Whole Grain French Toast Sticks or Pancakes w/ Turkey Sausage & Hash Browns  
Featuring Strawberry & Cream & Fresh Orange Wedges

10

Slow Roasted Seasoned Chicken Thighs with Rice Pilaf & Local Summer Squash & Zucchini  
Featuring Butterscotch Pudding & Fresh Watermelon

11

Salsbury Steak w/ Peppers, Onions, & Locally Grown Portobello Mushrooms & a W.W. Dinner Roll  
Featuring Heirloom Tomato Caprese Salad & Fresh Melon

12

Eggplant or Chicken Parm on Whole Wheat Ciabatta Bread with Italian Roasted Green Beans  
Featuring Homemade Coffee Cake & Fresh Strawberries

13

Beef Mostaccioli with Roasted Baby Broccolini  
Featuring Cherries & Cream & Fresh Grapes

Available Daily at our Grab-n-Go Station: Chef Salad or Chicken Ceasar Salads with Whole Wheat Rolls; Fruit, Yogurt & Granola Parfaits; Turkey or Ham Deli Sandwiches on Whole Wheat Bread

16

Pasta Bar! Choose from Marinara, Pesto, or Alfredo Sauces with Meatballs  
Featuring Heirloom Tomato Caprese Salad & Fresh Orange

17

Rosemary & Fig Roasted Pork Loin with Herb Roasted Fingerling Potatoes and WG Focaccia  
Featuring Lemon Mousse & Fresh Watermelon

18

Cheese Ravioli with Marinara Sauce & Sweet Peas  
Featuring Pesto Pasta Salad, Fresh Honeydew & Cantaloupe

19

Chicken Scarpariello with a Fresh Baked Whole Wheat Garlic Knot  
Featuring Peach Jello-0 & Fresh Strawberries

20

Pollock Puttanesca with Seasoned Brown Rice  
Featuring Blueberries & Cream & Fresh Grapes

Available Daily at our Hot Sandwich Station: Hamburger, Cheeseburger, & Chicken Filet on Whole Wheat Buns, Vegan Nuggets, or Mozzarella Sticks all served with Regular or Sweet Potato Fries

23

Chicken Fajitas on a Whole Wheat Tortilla with Sweet Roasted Plantains  
Featuring Corn & Black Bean Salsa & Local Pears

24

Homemade Broccoli & Cheddar Soup with a Toasted 3 Cheese Sandwich on Multigrain  
Featuring Pumpkin Pudding & Fresh Watermelon

25

Chicken & Waffles with Roasted Cinnamon Apples in Real VT Maple Syrup  
Featuring Local Hot Apple Cider & Fresh Melon

26

Roasted Turkey in Gravy with Mashed Potatoes, & Whole Grain Cornbread  
Featuring Whole Cranberry Sauce, & Local Apples

27

Sweet & Sour Chicken with Pineapple & Scallion Rice & Roasted Green Beans  
Featuring Pina Colado Mousse & Mango

Meals Available Daily at our Snack Bar: Nachos & Cheese Sauce with Salsa & Guacamole or Whole Grain Bavarian Style Pretzels & Cheese Sauce with Hummus Dip

30

Nashville-Style Hot Honey Chicken Sandwich on a Brioche Bun with Pickles  
Featuring Homemade Slaw & Fresh Orange Wedges



This institution is an equal opportunity provider.

One Full Reimbursable Lunch is Free to Each Student. A La Carte Items will be charged accordingly.

Manage Your Student's Account Online  
- Make Prepayments - View Transaction History - View Account Balance - Visit [www.MySchoolBucks.com](http://www.MySchoolBucks.com)



A USDA Reimbursable Lunch Includes.... 1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Vegetables  
Assorted Condiments, Skim White, Skim Chocolate, or 1% White Milk are Available Daily  
Alternative Milk Choices such as Lactaid or Soy Milk are available to any student with a documented dietary need  
If you have any questions or would like additional information regarding this menu please contact your food service director at [kbressani@rcmahar.org](mailto:kbressani@rcmahar.org)